Amendments to the Claims:

The following listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A toner for electrophotography comprising toner

particles that comprise a binder resin, a coloring agent, and a release agent, and inorganic or organic particles.

wherein the inorganic or organic particles have a particle diameter of 5 to 200 nm and are present in an amount of 1 to 30% by mass,

wherein the toner has a storage modulus G' of 5.0×10^2 to 1.0×10^5 Pa at 180° C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180° C.

- 2. (Original) A toner according to claim 1, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the storage modulus G' satisfies $G' \ge 0.875 \times (100-W)/W(\times 10^3 \text{ Pa})$.
 - 3. (Canceled)
- 4. (Currently Amended) A toner according to claim 1, comprising wherein the inorganic particles having a particle diameter of 5 to 200 nm are present in an amount of 1 to 20% by mass.
- 5. (Original) A toner according to claim 1, having a volume average particle size of 4.0 to 10.0 μm .
- 6. (Original) A toner according to claim 1, wherein the melting point of the release agent is 50 to 150°C.
 - 7. (Withdrawn-Currently Amended) An image-forming method, comprising: charging a surface of an image-bearing body;

forming an electrostatic latent image according to image formation on the charged surface of the image-bearing body;

developing with a toner the electrostatic latent image formed on the surface of the image-bearing body, in order to obtain a toner image;

transferring to a surface of a recording medium the toner image formed on the surface of the image-bearing body, and

fusing the toner image transferred on the surface of the recording medium, wherein the toner is a toner for electrophotography comprising toner particles that comprise a binder resin, a coloring agent, and a release agent and inorganic or organic particles, wherein the inorganic or organic particles have a particle diameter of 5 to 200 nm and are present in an amount of 1 to 30% by mass, and, wherein the toner has a storage modulus G' of 5.0 x 10² to 1.0 x 10⁵ Pa at 180°C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180°C.

- 8. (Withdrawn) A method according to claim 7, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the storage modulus G' satisfies $G' \ge 0.875 \times (100-W)/W(\times 10^3 \text{ Pa})$.
- 9. (Withdrawn) A method according to claim 7, wherein the toner comprises inorganic or organic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 30% by mass.
- 10. (Withdrawn) A method according to claim 7, wherein the toner comprises inorganic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 20% by mass.
- 11. (Withdrawn) A method according to claim 7, wherein the toner has a volume average particle size of 4.0 to 10.0 μm .
- 12. (Withdrawn) A method according to claim 7, wherein the melting point of the release agent in the toner is 50 to 150°C.

- 13. (Withdrawn) A method according to claim 7, wherein a heat-fusing roll is used for fusing, and the surface energy of a material on the surface of the heat-fusing roll is in the range of 0.1×10^{-4} to 5.0×10^{-4} J/cm².
 - 14. (Withdrawn-Currently Amended) An image-forming apparatus comprising: means for charging a surface of an image-bearing body;

means for forming on the charged surface of the image-bearing body an electrostatic latent image corresponding to image formation;

means for developing with a toner the electrostatic latent image formed on the surface of the image-bearing body, in order to provide a toner image;

means for transferring the toner image formed on the surface of the imagebearing body to a surface of a recording medium,

wherein the toner is a toner for electrophotography comprising toner particles that comprise a binder resin, a coloring agent, and a release agent and inorganic or organic particles, wherein the inorganic or organic particles have a particle diameter of 5 to 200 nm and are present in an amount of 1 to 30% by mass, and, wherein the toner has a storage modulus G' of 5.0 x 10² to 1.0 x 10⁵ Pa at 180°C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180°C.

- 15. (Withdrawn) An apparatus according to claim 14, wherein a content W of the release agent is 5 to 40% by mass, and a relationship between the release agent content W and the storage modulus G' satisfies $G' \ge 0.875 \times (100\text{-W})/\text{W}(\times 10^3 \text{ Pa})$.
- 16. (Withdrawn) An apparatus according to claim 14, wherein the toner comprises inorganic or organic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 30% by mass.

- 17. (Withdrawn) An apparatus according to claim 14, wherein the toner comprises inorganic particles having a particle diameter of 5 to 200 nm in an amount of 1 to 20% by mass.
- 18. (Withdrawn) An apparatus according to claim 14, wherein the toner has a volume average particle size of 4.0 to $10.0 \, \mu m$.
- 19. (Withdrawn) An apparatus according to claim 14, wherein a heat-fusing roll is used for fusing, and the surface energy of a material on the surface of the heat-fusing roll is in the range of 0.1×10^{-4} to 5.0×10^{-4} J/cm².
- 20. (Currently Amended) A toner cartridge detachable from an image-forming apparatus that comprises means for developing, the cartridge containing a toner which is provided to the means for developing,

wherein the toner is a toner for electrophotography comprising toner particles that comprise a binder resin, a coloring agent, and a release agent and inorganic or organic particles, wherein the inorganic or organic particles have a particle diameter of 5 to 200 nm and are present in an amount of 1 to 30% by mass, and, wherein the toner has a storage modulus G' of 5.0 x 10² to 1.0 x 10⁵ Pa at 180°C and an adhesive force to an aluminum substrate of not more than 50 N/m at 180°C.